

[Yummy in my Tummy - Review and Giveaway](#)

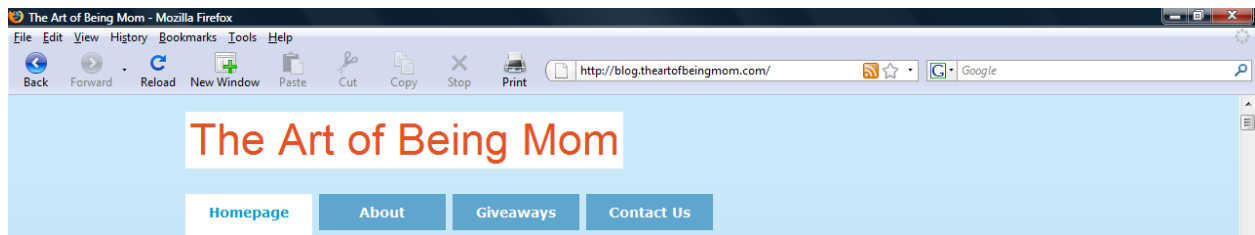
27 July 2009 - by courtney



I've mentioned previously that we are blessed with a very easy going child who is actually fairly adventurous with food. From hearing years of horror stories from my friends, I think I have a pretty good understanding of exactly how difficult it can be if your child has the opposite view of food (well, as much as I can without having a child like that myself, that is!). But even the pickiest of kids typically have a few foods that they'll grudgingly choke down - some of the usual suspects being mac & cheese, chicken nuggets, etc. I know a lot of moms who have gone to great lengths to try to figure out a healthy version of their picky eaters favorites, only to have their child refuse anything except Kraft macaroni & cheese or Perdue chicken nuggets. I've always wondered if part of the reason for that isn't the packaging - they associate the store bought versions with the taste they like better. So, what if you could find store bought favorites that are not only tasty, but also healthy? Enter [Yummy in my Tummy!](#)

[Yummy in my Tummy](#) is a company founded by a mom and dad (my favorite kind of company!) because they were disappointed in the lack of options for feeding their daughter and set out to fill that void in the market. But before you think that they're just a regular ol' mom and dad operation, you should know that Michael Stanley has fifteen years of restaurant experience and degree in Culinary Art from the Culinary Institute of America while his wife, Karen, researched endlessly to understand toxins in foods and other baby products and how they affect the body. [Yummy in my Tummy](#) has a wonderful Chef named James Casterlin who has an equally impressive resume, along with many pediatricians, nurse practitioners, and even obstetricians to ensure that [Yummy in my Tummy](#) products are just right for your little one's belly.

I was fortunate to have several [Yummy Meals](#) sent to us for review. Honestly, I was so excited to get this shipment because it made meals just so EASY. Pretty much all of the meals have the same instructions - which is another huge plus, because it makes it so easy to time and plan ahead - 15 minutes in the oven at 350. I found that my oven needed another couple of minutes, so it might take a couple of meals to figure that out for yourself, but once I figured it out we were all set. I had specifically requested that the meals sent to us were the [Yummy Meals for your Tummy](#) - they also have lines of Stages 1-3 foods as well as assorted snacks, but my daughter wouldn't eat any of that and I only wanted to review foods she would actually try.



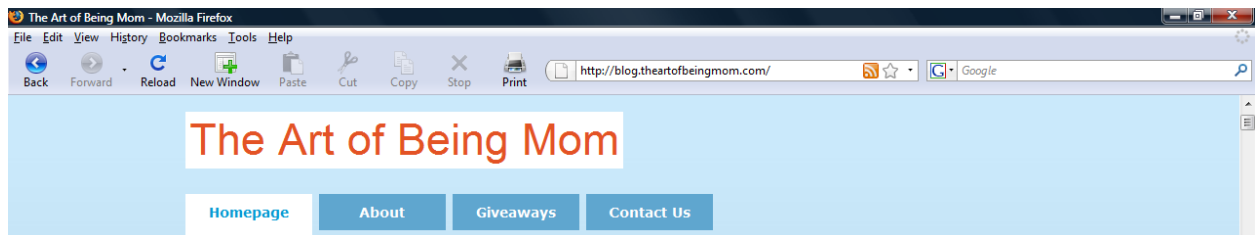
Stage 1

First up, the [Sweet Potato Waffles](#). This particular meal combines two foods that Anna adores - sweet potatoes and waffles. I was pretty sure that she'd love this one and I was right. But even though I figured she'd like it, I found that I was truly thrilled when I saw her eating it. I think it's because she was sitting there eating something that she enjoyed but also that I knew was actually *good* for her. And by "good for her" I don't just mean how they put that things like Pop Tarts have some whole grain in them, trying to make you feel less guilty about feeding it to your child. These meals are literally contributing to the health and well-being of your child.

Also for breakfast, we tried the [Banana & Blueberry Pancakes](#). As you can imagine, these were a huge hit! Don't they just sound scrumptious?! My daughter happens to love bananas and blueberries and would eat them without being disguised in pancakes - so she really loved these. But for those of you whose kid looks at fruits and vegetables as if they're going to eat him instead of the other way around, these are ingenious. Again, I'd love the recipe so that I could make these for us adults, too!



Next up was the [baked chicken nuggets](#). I will tell you that this one is far and away, hands down, our favorite. My husband was even sneaking bites of them! They had the most wonderful flaky coating that was nice and crunchy, but not the kind of crunchy that makes you afraid they're going to chip their little teeth. Most of the meals that are more for lunch or dinner come in a little tray along with a vegetable and a fruit or little treat. These super yummy chicken nuggets are made with chicken breasts and panko bread crumbs, the broccoli has



a sprinkling of parmesan cheese and a tasty potato-turnip mash. Anna wasn't crazy about the mash, but I think that was more because she was so excited about the chicken and the broccoli! Oh, by the way, Yummy in my Tummy owners? My husband wants to know when you're going to make these for adults!!

Every line of kids food has to have a pizza, and Yummy in my Tummy's [Extra Special Pizza](#) does not disappoint! The pizza has a spinach crust that totally flies under the picky kid radar, topped with a carrot-tomato sauce and finished with fresh mozzarella cheese. If you wanted to really push it (or if you had your kids favorites on hand), I'd suggest putting a few special toppings on it to increase the veggie quotient. Hey, if you have a foot in the door, you might as well try to push it open gently, right?!

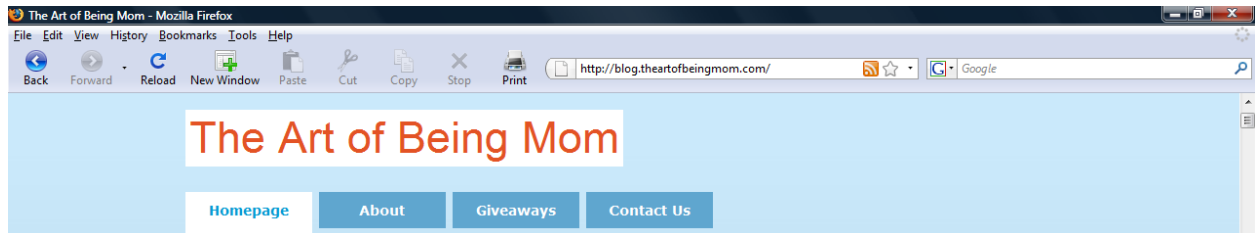


The [Salmon Cake Meal](#) wasn't a huge hit here, but that's mainly because Anna's not big on fish yet. She'll eat shrimp and has tasted lobster (we do live in New England, after all) but actual fish? So far we haven't been too successful with introducing it to her, but we'll continue to try. She did enjoy the sweet potato mash and her broccoli though, so all was not lost! The [Yummy Beef Stew](#) was a hit - plus, my husband liked this one too. It's made with organic ground beef as well as lots of fantastic veggies and spices. It smelled great and was a very toddler friendly meal! Lastly, the [Turkey with Brown Rice](#) was a big hit, too! It boasts slow-cooked turkey, carrots, oregano, spinach, apples, basil and thyme. This is definitely one of the meals that feels just as good as it would if you had spent all day slaving around in your kitchen yourself. And at \$2.25 for a 5 oz container? You can't beat the price for that amount of



healthy protein, fruits, veggies and whole grain carbs.

In my opinion, one of the biggest "good points" to Yummy in my Tummy is the price. Crazy, right? Organic, kid-friendly, easy to cook, great quality....and, reasonably priced? Unheard of! Yet, there it is. For the Stages 1 - 3 the food prices range from \$1.33 to \$1.73 for sizes ranging



from 3.5 - 5 oz., while the Yummy Meals go from \$2.50 for most breakfast meals up to \$5 for the [baked chicken nuggets meal](#). I think that having meals like this, which are kid sized and really easy to prepare, make it much easier for a family to consider trying to introduce new tastes. I know that, for me personally, the thought of going and preparing salmon for my family and then having my daughter not like it, is not only mentally and physically exhausting, but also financially draining. But when you break it down to just a few dollars per meal? It wouldn't be as stressful because if your little darling refuses to eat the new food in front of her, you won't feel like screaming because you went through all of this trouble and spent all this money!

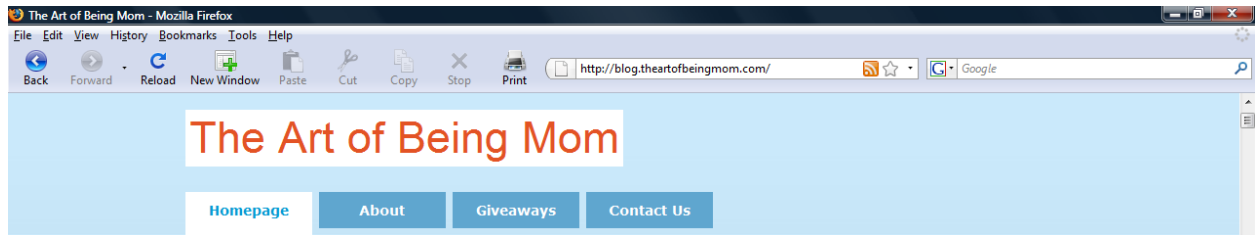


Yummy in my Tummy also has non-food items in their store. You can tell by their selection that they take as much care and pride in choosing their partners as they do in creating their meals. They have a wonderful selection of [bath and skincare items](#), tons of [great toys](#), incredibly adorable [outfits](#) and every other [accessory and utensil](#) you could ever want. It's a fantastic place to get a gift certificate for a friend who is expecting or to come and get everything you could possibly need for your baby to eat healthy and be happy.

WIN IT! One very lucky reader will win 24 containers of [Yummy In My Tummy](#) Fresh Organic Food For Your Little Tummy (ARV \$50+)! Please note that the winner will work directly with the sponsor to determine your needs, but the prize will consist of containers from Stages 1-3. To enter, please visit [Yummy in my Tummy](#) and tell me one other meal or puree from their site (one that's not mentioned above) that you think your child (or you!) like **AND** become a subscriber of this site (if you aren't already) You **MUST** confirm your subscription for it to count! I check all entries and if you are not a subscriber, your comment will be deleted. ***Winner must be able to use delivered food within one month of contest!!!***

*****It's sad that I have to write this, but it's apparently necessary. Do NOT try to enter any of the giveaways on my site with just "enter me" or something equally stupid without having even bothered to visit my sponsor's site. You are incredibly rude and your "entries" will be deleted.*****

Comments will close on August 6, 2009 at 10 PM EST. One comment per person, please (unless you do the extra credit). Open to US residents only. Duplicates and comments not including the above information will be disqualified. Comments are moderated. If you don't see your comment in a reasonable amount of time, send me an email. Bloggers and non-bloggers may enter. If you



don't want to leave your email address, please be sure to check back for my announcement of the winner. Please note that winners must respond within 48 hours of being announced/contacted or another winner will be drawn.